



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS CLASS SCHEDULE – FALL 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
New Circuit Room Coed 6 am – 9:00 am Women Only 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 11 an – 7 pm Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm Cardio/Strength Intervals 9:30 – 10:30 am TRX 10:45 – 11:30 am BOOT CAMP Noon – 1 pm CIRCUIT ZUMBA Noon – 1 pm TOTAL BODY CONDITIONING 5:30 – 6:30 pm CIRCUIT ZUMBA Coed 6 – 7 pm	New Circuit Room Coed 6 am – 9:00 am Women Only 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 10 am – 6 pm Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm TOTALLY TONE 9:30 – 10:15 am CIRCUIT ZUMBA 10 – 11 am HARD CORE 10:15 – 10:45 am ZUMBA 11 am – Noon CIRCUIT ZUMBA Coed 5 – 6 pm PILATES 5:30 – 6:30 pm TRX 6:45 – 7:30 pm	New Circuit Room Coed 6 am – 9:00 am Women Only 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 9 am – 5 pm Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm TRX 8:45 – 9:30 am CIRCUIT ZUMBA 9 – 10 am Cardio/Strength Intervals 9:30 – 10:30 am WEIGHT LOSS SUPPORT GROUP 10 – 11 am BOOT CAMP Noon – 1 pm BEGINNER ZUMBA 1 – 1:45 pm CIRCUIT ZUMBA 3 – 4 pm TOTAL BODY CONDITIONING 5:30 – 6:30 pm YOUTH WOW 6 – 7 pm	New Circuit Room Coed 6 am – 9:00 am Women Only 9 am – 6 pm Coed 6 pm – 9 pm Trainer: 10 am – 6 pm Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm TOTALLY TONE 9:30 – 10:15 am CIRCUIT ZUMBA 10 – 11 am HARD CORE 10:15 – 10:45 am WEIGHT LOSS SUPPORT GROUP 5 – 6 pm PILATES 5:30 – 6:30 pm ZUMBA 6:45 – 7:45 pm	New Circuit Room Coed 6 am – 9:00 am Women Only 9 am – 6 pm Coed 6 pm – 9 pm Cardio/Free Weight/ Selectorized Rooms 6 am – 9 pm BOOT CAMP 9:30 – 10:30 am BOOT CAMP Noon – 1 pm	New Circuit Room Coed 8 am – 6 pm Cardio/Free Weight/ Selectorized Rooms 8 am – 6 pm	New Circuit Room Coed 1 pm – 9 pm Cardio/Free Weight/ Selectorized Rooms 1 pm – 9 pm

More information at www.gtbayymca.org | 231-933-9622 | Facebook | Twitter | newsgtbayymca.blogspot.com | 7/29/2011